Integrating Family Planning and Food Security: Lessons from the Population, Health, and Environment (PHE) Community

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Overview

1. **WHY** integrate family planning and food security?

2. **HOW** are population, health and environment (PHE) programs integrating family planning with food security?
FANTA Desk Review

• Synthesis of programmatic experiences, lessons learned, and promising practices
  o 102 health and multisectoral programs
  o Models of integration
  o Entry points
  o Facilitators and barriers
  o 3 Case studies

• Grey and published literature from primarily USAID-funded programs (2003-2013)
Available Resources
Report, Brief and Case Studies

www.fantaproject.org/fp-integration
Rationale for PHE focus

• Missed opportunities for family planning integration across non-health sector interventions in multisectoral food security programs

• PHE programs implementing many of the promising practices FANTA review highlighted

• An opportunity to promote dialogue and cross-learning across sectors
Agenda

1. Presentations
   Ndola Prata: Why is family planning important for food security?
   Kristen Patterson: Overview of the PHE approach
   Cheryl Margoluis: Examples of PHE projects

2. Reflections from USAID
   Clive Mutunga

3. Panel discussion

4. Q&A
WHY Integrate Family Planning and Food Security?
Ndola Prata
Director of the Bixby Center for Population, Health & Sustainability
University of California, Berkeley
Why is family planning important for food security?

Ndola Prata, MD, MSc
Existing threats to food security

1. Declining global per capita agricultural production
2. Climate change
   • Warming oceans and impacts on rainfall

Declining yield gains are failing to keep up with rapid population growth
Importance of family planning programs

- One of the most cost-effective public health interventions
- Help increase contraceptive use
- Declines in fertility
- Address population growth

Provision of voluntary family planning can slow down population growth
Where is population growing rapidly?
Visualizing the Connections Between Family Planning and Climate Change

Individual management of timing of pregnancy
- Better maternal and child health

Voluntary Family Planning
- Ability to choose timing and spacing of pregnancies and family size

Lower fertility and slower population growth
- Smaller future population size
- Changes in age structure

Reduce greenhouse gas emissions

Improve Resilience/adaptive capacity

Decrease vulnerability

Reduce risk

Mitigate climate

Short-term

Long-term
Family Planning and SDGs

1. Poverty
2. Hunger
3. Good health and well-being
5. Gender Equality
13. Climate action
Provision of voluntary family planning can:

- improve food security
- help attenuate climate change
- help improve resilience
- decrease maternal and child mortality
- slow population growth
THANK YOU
Overview of the PHE approach
Kristen P. Patterson
Program Director,
Population, Health, and Environment

Population Reference Bureau
A brief introduction:
Population, Health, and Environment

Kristen P. Patterson

March 31, 2016
PHE is an approach used by health and environmental organizations around the world.
The PHE Approach
Acknowledges and addresses the complex connections between humans, their health, and the environment
PHE is an integrated approach…

To improve access to health services, especially family planning (FP) and sexual and reproductive health (SRH)

While helping communities to manage natural resources and conserve the critical ecosystems on which they depend
Why integrate population, health, and the environment?

- Improved participation of men in health aspects and women in NRM aspects
- Can reach the most hard to reach populations ("the last mile")
- More responsive to priority needs of the communities
- Cost effective for organizations and time efficient for communities
- Family planning and conservation better received when “packaged” with other priority benefits

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Environmental change and high population growth

Scarcity of resources and food; lack of rights

Risky adolescent childbearing

↓ decision-making power

↑ lifetime fertility; ↓ health

Girls marry young

Girls travel farther to collect firewood and spend time helping with farming

Girls unable to attend school

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PHE projects include a range of activities
Livelihoods and food security are important parts of PHE programs

- Improve existing livelihoods and/or introduce alternatives
- However, few projects use standard measurement tools to document these impacts
Women are disproportionately affected by a poor environment, lack of healthcare, and climate change.
Thank you!

Kristen P. Patterson

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Examples of PHE Projects
Cheryl Margoluis
Senior Technical Advisor for Population, Health and the Environment (PHE)
Pathfinder International
Cheryl Margoluis, PhD
Cara Honzak, MPAff
Senior Technical Advisor
Population, Health and the Environment
PATHFINDER PROJECTS

• Health of People and the Environment in Lake Victoria Basin (HoPE-LVB)

• Tuungane

• Strengthening Communities Through Integrated Programming (SCIP)
**Long term goal:** Contribute to the sustainable development of the Lake Victoria region and well-being of its vulnerable population.

**Project goal:** By 2017, institutionalize the use of HoPE's integrated Population-Health Environment (PHE) approach in the Lake Victoria Basin (LVB) as a model for sustainable development.
LET’S UNITE

Goals:

– Build the capacity of village governments
– Improve local governance
– Strengthen forest management
– Enhance Lake Tanganyika fisheries management
– Improve access to health-care information and services
– Diversify and improve livelihoods
Focal Areas:
- Terrestrial ecosystem
- Freshwater ecosystem
- Reproductive health
- Primary health
Activities:

- Create model households
- Water, sanitation & hygiene
- Natural resources management (NRM) with fisher groups, beach management groups (BMUs), farmers
- Improve capacity of health facilities
  - Training in long acting methods
  - Management of commodities
- Introduce/strengthen PHE-relevant livelihood activities
- Train CHWs in integration
- Foster PHE advocacy and policy integration at multiple scales
Activities:

- Work with targeted groups/issues (gender, youth)
Activities:

- Food security
  - Agricultural interventions to increase crop yields
  - Stabilization/protection of fish populations in lake to maintain fish catch
  - Livelihood activities to diversify food/income sources
  - Small scale agroforestry, fish farming
  - Home gardens/orchards for nutrition
  - Safe food handling and storage techniques
STRENGTHENING COMMUNITIES THROUGH INTEGRATED PROGRAMMING (SCIP)

Goals:

- Improvement - access and availability of quality health goods and services
- Adoption of appropriate health practices and health-seeking behavior
- Increase in accountability of community and district health structures to the people they serve
- Community social infrastructure sustained through a range of allies and networks of support they can draw upon to solve health problems
- Increase in availability and use of clean, multi-use water
- Improvement of sanitation facilities and hygiene practices in target communities (WASH)
STRENGTHENING COMMUNITIES THROUGH INTEGRATED PROGRAMMING (SCIP)

Activities/Areas of Focus:

• Sexual and reproductive health (SRH)
• Family planning (FP)
• Maternal, newborn, and child health
• Water, sanitation, and hygiene (WASH)
• Health systems strengthening
• HIV and AIDS
• Home-based care for the chronically ill
• Malaria
• Nutrition
STRENGTHENING COMMUNITIES THROUGH INTEGRATED PROGRAMMING (SCIP)

Activities/Areas of Focus:

- Food security:
  - Work with youth farmer groups to develop skills
- Nutrition:
  - Community nutrition rehabilitation groups
  - Screening children for malnutrition
  - House visits
  - Referrals to health facility
- Support economic activities for orphans and vulnerable children
Discussant

Clive Mutunga
Population, Environment and Development Technical Advisor
USAID
Panel Discussion
Question 1: Integrated messaging and cross training

What are some PHE lessons around developing and implementing integrated messaging and cross training that can be applied to food security projects?
Question 2: Referrals

Can you highlight some lessons on setting up, managing, and monitoring referral systems either to the health center or to a community based distribution system for family planning services?
Question 3: Integration Funding Models

Could you provide examples of creative funding models that have facilitated integrated programming?
Question 4: Measures to Capture Impact of Integrated Programs

What types of measures are needed to capture the impact and added value of integrated programs?
Questions?

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